

February's Gold Medal School of the Month

Samuel Morgan Elementary

Principal: Michael Volmar

School Coordinator: Stephanie Povey

Mentor: Vaughn Hyde

Sam Morgan Elementary in Kaysville has been a great Gold Medal School for 4 years. They are working towards their Mental Health Platinum Focus level this year and are doing some innovative programs such as having stress reduction topics at each faculty meeting and publishing them in monthly school newsletters.



The school is participating in the WEE 5 or more challenge. Each student, faculty member and staff is challenged to:

W=Water, drink 5 or more glasses of water a day

E=Eat 5 or more fruits and veggies a day

E=Exercise, 5 or more minutes on the walking track each day.

Many of the students and staff are successfully meeting this goal.

Teachers and students are enjoying their new track and getting great use out of it by walking a mile together each week. Morgan's walking goal this year is 30,000 miles and they are well on their way to that goal with 4th grade in the lead.



To stay motivated Morgan students have a walking competition between classes. The class with the most miles gets to keep the "yellow jersey" in their classroom for the month.

They also have a yoga instructor come and give a 30 minute demonstration of self relaxation. They have a 5 minute relax/yoga time right after lunch each day. The 4th grade also has a monthly field trip which includes several miles of walking.

Steph Povey, the school coordinator says, "At Morgan Elementary we are enjoying the Gold Medal Schools program and have daily reminders of how important an issue our nation's health is right now. We as a faculty continue to appreciate the GMS program and whole heartedly support it!"